July 18, 2006

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Train time

Soldier from Attack Company, 1st Battalion, 503rd Infantry (Airborne), fires his M-4 rifle during a range exercise at Cao Malinisio, near Aviano, July 13. Attack Company spent a week out at the range zeroing and qualifying with their squad weapons. (Photo by Sgt. Brandon Aird, 173rd Airborne Brigade Public Affairs)

Military compensation system under review

One of the most

dramatic issues being

looked at has to do with

how the department

figures active vs. retired

pay.

By Kathleen T. Rhem

American Forces Press Service

A yearlong review of total military compensation could eventually result in streamlined allowances and a fundamental shift in thinking on how the uniformed services pay members and retirees.

The war on terrorism "focuses our efforts in ensuring we do the right things by the folks we are deploying," retired Air Force Brig. Gen. Jan D. "Denny" Eakle said in an interview yesterday.

Eakle heads the 10th Quadrennial Review of Military Compensation, which got under way April 1. This review will focus on five main areas:

adequate supply of military personnel with the abilities and experience to meet national security objectives;

- Maintaining quality of life for military personnel and their families;

- Re-evaluating special and incentive pays to enhance service flexibility;

- Assessing the need for more flexible recruiting and retention authorities; and

- Reviewing the retirement system. One of the most dramatic issues being

looked at has to do with how the department figures active vs. retired pay. awful lot of deferred compensation, compensation to those

who have served, those who are retirees," Eakle said. She noted that employees are "vested" in their retirement programs at five years in most civilian corporations. However,

military retirees generally must serve 20 years before being eligible for any percentage of retired pay. "The balance between the deferred compensation and

the current compensation, the compensation being paid to those who are currently in places in harm's way, is very different than you would see in other compensation systems," Eakle said. "I believe that the war on terror has focused our efforts on making sure that we are taking care of today's servicemen and women."

The recently concluded Defense Advisory Committee on Military Compensation recommended in February that members be vested at 10 rather than 20 years and that retirement payments be graduated ranging from 25 percent of base pay at 10 years to 100 percent of base pay at 40 years. The group also recommended that the government contribute 5 to 10 percent of base pay to military members' Thrift Savings Plans, as is the case for federal civilians.

This committee's recommendations serve as a starting point for the quadrennial review. Eakle explained that the

purpose of her review is now to take these recommendations and look at their implications on the ability of the services to recruit and retain personnel and to further develop them to enable them to be effective for the services.

She said any recommendations would be implemented "several years" in the future because it would take time to work out details and, in some cases, legislation would need

"No current retiree or current military member would be affected by the changes ... we may recommend," she said. "But you could end up with a system where there would be less in the retired pay because we would bring it forward and pay it to the individual while they are serving."

She also said any such shift away from deferred - Ensuring the compensation system supports an compensation would be accompanied by initiatives to better

educate servicemembers on financial planning for retirement.

Another change that would come out of the quadrennial review is simplifying the vast and confusing system of special pays and allowances military members are entitled to under various circumstances. Eakle said this system of more than 60 different pays and allowances accounts for no more than 5 percent of total compensation but are labor-intensive to manage and track. It also makes it difficult for

"Today we have a compensation system that provides an servicemembers to effectively monitor that they are receiving correct pay and allowances.

"If we make them simpler, we will reduce the management requirements for watching so many pays, ... and the member would have a better understanding of what they are entitled

The quadrennial review takes into account unique recruiting and retention challenges for each of the seven uniformed services. In addition to Defense Department service branches, the review's recommendations will apply to the Coast Guard, in the Department of Homeland Security; the commissioned corps of the National Oceanic and Atmospheric Administration, in the Department of Commerce; and the commissioned corps of the Public Health Service, in the Department of Health and Human Services.

"The pay regulations that apply to the Department of Defense and the Coast Guard apply to those two services as well," Eakle said.

The ninth Quadrennial Review of Military Compensation, completed in 2002, recognized that the modern force is more educated today and that the current pay doesn't include a premium high enough to retain this more educated force. A large pay raise targeted toward mid-grade enlisted members and junior officers came about because of this realization.

CG thanks community

From Maj. Gen. Frank G. Helmick SETAF Commander

I want to extend a heartfelt thanks to all of the military, families and civilians in this community who warmly welcomed Melissa and me back to Vicenza.

I would be remiss if I did not thank our local Italian friends and those from the local government and the representatives from the surrounding communities. It is a wonderful feeling to be back in Italy.

We are looking forward to an extremely fulfilling tour with the Southern European Task Force (Airborne). It is clear SETAF has an increased operational tempo with many challenges ahead. It will no doubt be demanding, personally, physically, and professionally but in the end, an extremely rewarding experience for all of the Soldiers, civilians and their families.

Our Team is second to none...we have the right people in the right place at the right time to make a difference for our units, our Army and our nation.

Melissa and I want to wish everyone an enjoyable remainder of the summer. Think "safety" as you travel, bike, boat, and swim. We look forward to working with each and every one of you.

Lions Lead! Airborne!



Maj. Gen. Frank G. Helmick (center), accepts the SETAF guidon from Gen. David D. McKiernan, USAREUR commander, signifying his acceptance to command SETAF, during the change of command ceremony held July 10 on Caserma Ederle. (Photo by Diana Bahr, USAG Vicenza Public Affairs)

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July 18, 2006

Skin cancer will affect one in five Americans; Knowing sun safety can help beat the odds

By Susan Huseman Army News Service

Skin cancer affects one in five Americans, with more than 1 million new cases diagnosed each year, according to the American Academy of Dermatology.

Carlos Harris, a 67-year-old retired first sergeant and skin cancer survivor, knows firsthand about the effects of over exposure to the sun. He is being treated for basal cell carcinoma.

Harris has had three surgeries to remove cancerous growths. His forehead and left temple are scarred, and where the skin and underlying tissue were surgically cut out there are now depressions.

"I was 30 when I started to get these spots on my face. They started to turn brown, got infected and scabbed over," said Harris.

The scabs came and went, but the brown spots stayed. Finally, Harris went to a doctor and was diagnosed with skin cancer. He currently receives cryotherapy treatments, by which the cancerous cells are frozen and killed.

"I will have to use medication for the rest of my life," said the fair-skinned Harris.He will also have to avoid the sun.

Skin cancer can occur anywhere on the body, but is most common where the skin gets the greatest exposure to sunlight – face, neck, hands and arms.

There are three types of skin cancer, said Dr. (Maj.) Juan Pico, an internal medicine physician at the Hanau Health Clinic.

"The most common is basal cell skin cancer. It is usually seen on sun-exposed areas of the body. You can notice it by the shiny, pearly white border around the skin lesions," he said. It is highly treatable when caught early, and preventable with sun block.

The second most common type is squamous cell skin cancer.

"It is usually found on the face, and in and around the mouth. A lot of dental professionals find this type of cancer in people who use smokeless tobacco," Pico said. The most malignant skin cancer is melanoma, which becomes visable as moles darken and the borders become irregular.

"There may be different shades of color within the same mole. This lesion is more dangerous because it has the ability to metastasize and spread to other organs. But it can be treated if caught early," he said.

Fair-skinned people are most vulnerable to skin cancer, as are those who had sunburns at an early age or a family history of skin cancer.

The best defense against skin cancer, Pico said, is sun safety. Wide-brim hats, long sleeves and sun block with an SPF 15-30 is best.

High-risk people should use an SPF of 30-45, applying frequently if swimming or sweating.

Pico also recommended avoiding the noonday sun, but cautioned that sun exposure occurs even on cloudy days.

"There's a popular misconception that if the day is not sunny you won't be exposed to harmful UVA/UVB rays. Not true," said Pico, "especially for those with blonde or red hair, fair skin or freckles.

UVA rays tan skin; UVB rays are stronger and cause burns. Both are harmful and can lead to skin cancer, which is why people should avoid tanning beds, he said.

People with multiple or changing moles should see a dermatologist once a year to monitor and biopsy any suspicious moles.

"Definitely any mole that is getting bigger or changing should be brought to the attention of your primary care physician," said Pico.

While some people are willing to brave the risks of cancer to achieve a tan, Harris said "looking good" doesn't keep the cancer at bay.

"It's a mistake to lie out in the sun or go to these tanning salons or use a sun lamp. You have to take care of what you have," he said.

(Editor's note: Susan Huseman writes for the U.S. Army Garrison, Hessen, Public Affairs Office.)

Military Police company changes leadership



Capt. James Towery (left) receives the 13th Military Police Company guidon from Col. Virgil S.L. Williams, USAG Vicenza commander, signifying his acceptance as incoming commander of the company. Capt. Seamus P. Garrett relinquished command of the 13th Military Police Company to Capt. James P. Towery Jr. during a change of command ceremony July 7. Garret, who took command of the unit in 2004 and deployed with them to Afghanistan, has left for Bamberg, Germany, where he will work with the Criminal Investigation Division. Prior to his arrival in Italy and assuming command of the MP company, Towery served as the Provost Marshal for the 293rd Base Support Battalion community PMO on Sullivan Barracks, Germany. (Photo by Paolo Bovo, 7th ATC Photo Lah)

Paratroopers say good bye

Transformation for brigade to Combat Team comes with heavy heart as units deactivate

Story and photos by Sgt. Brandon Aird 173d Airborne Brigade Public Affairs

For some, the 173d Airborne Brigade's transformation into a Combat Team comes with a heavy heart.

Some of the key fighting elements that made the 173d Abn Bde so affective in Iraq and Afghanistan will be deactivated.

Units like Delta Battery, 319 Field Artillery (Airborne), which inflicted the first enemy casualties in support of the 173d Abn Bde in nearly 30 years, will no longer be apart of Caserma Ederle.

"Delta Battery has been around the Southern European Task Force community since 1973," said Maj. Ryker E. Horn, former commander of Delta Battery.

Delta Battery will be absorbed into the new 4th Battalion, 319th Field Artillery (Airborne) and will be stationed at Bamberg, Germany.

"It just won't be the same without Delta Battery," said 1st Sgt. Damon Burnett, former First Sergeant for Delta Battery.

Burnett came into the Army in 1989 and his first unit was Delta Battery. Throughout his career he has held every position in the Army (other than sergeant major) in Delta Battery, rising from private to first sergeant.

"Even though I hate it – I understand why the Army has to do it," added Burnett.

Other Soldiers throughout the brigade feel

the same way about the changes.

Capt. Jonathan Zimmer, former commander of the 173d Abn Bde Combat Support Company, deactivated his company and reactivated his company as Alpha Company, Special Troops Battalion, 173d Abn Bde.

"It's a sad moment for all those who have served in the company." said Zimmer. "But regardless of what we're called, we will continue to complete the mission."

The last company to deactivate is the 74th Long Range Surveillance Company. The 173d Abn Bde will no longer have a long range surveillance company – instead they will have the 1-91 Cavalry Squadron (reconnaissance, surveillance, and target acquisition battalion).

Unlike the other deactivating companies, the 74th LRSC will not merge into a new company or battalion – they will simply disperse.

"After deactivating the company, we sent the guidon to the Center for Military History," said Capt. Dirk Ringgenberg, former commander of 74th LRSC. "The idea is, maybe one day, the 74th LRSC will be reactivated and they can carry on our tradition."

However, there is some light at the end of the tunnel. With the 173d Airborne Brigade Combat Team deactivating some of its companies, it is also activating new companies that are sure to begin their own legacies.



Above: Capt. Jonathan Zimmer, former commander of the 173d Airborne Brigade Combat Support Company, retires the guidon for the Combat Support Company July 6. The former 173d Abn Bde CSC was reactivated as Alpha Company, Special Troops Battalion, 173d Airborne Brigade Combat Team immediately after the deactivation ceremony.

Below: Soldiers of the 74th Long Range Surveillance Company pose for one final photo. The unit was deactivated and the Soldiers will be dispersed among other units.



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Loan Closet helps out when household goods are gone

By Jasmine Perry

Summer Hire

USAG Vicenza Public Affairs

Military families know how disruptive moving can be, especially when that move is overseas. Often, the family arrives at the new assignment well before the household goods do; or if they are PCSing, they have the household goods packed out early, leaving them short on some necessities. One way to help families cope with limited resources is the Loan Closet, a service offered by Army Community Service.

"We loan kitchen items and some baby items to PCSing families, or families who have just arrived on post," said Patty Noel, relocation assistant, who is in charge of the loan closet. "Our normal loan is for 30 days, but if they need to borrow it longer, all they need to do notify us so we can extend their loan."

Among the items qualified community members may borrow include child and infant car seats, dishes, pots and pans, and silverware.

"The majority people in our community use the program," said Jolly Miller, Relocation Program manager. "It's a valuable program because, when people move there are many

stressors, and one of the main stressors is the financial stress. Every time people move, they need to buy new items. We can help out by loaning them a few of the necessities until theirs arrive, or they can afford to purchase new items.

"That's why we are here, to help out until they get their household goods. They don't need always needto purchase new items," she said. "It's an excellent program, as far as helping with the quality life of our soldiers and families/"

With the installation undergoing a major changeover in personnel, the Loan Closet expects to be extremely busy.

"We don't have a large number of items, but we do serve a large number of people," said Miller, "which is why we need people to return borrowed items clean and in good working condition. If the item is not returned, then the rest of the community suffers"

For more information about what items the Loan Closet has, or more services offered by the Relocation Program, call 634-8525, 7617, or 7500 or stop by the ACS office, located in Davis Family Readiness Center. Hours are Monday to Friday from 8 a.m.-5 p.m.



A family member who is PCSing, picks out some kitchen items from the Loan Closet. Barteau's household goods have already been shipped, leaving her short on some items. (Photo by Anna Vallery, Summer Hire, USAG Vicenza Public Affairs)

AAFES stores change hours

Beginning Aug. 1, AAFES and their affiliates listed below will change hours. New hours will be:

in change nours, ive w nours win be.				
Post Exchange	Mon-Wed, Fri-Sat 9 a.m7 p.m.			
	Thurs	9 a.m8 p.m.		
	Sun	10 a.m6 p.m.		
Shoppette	Mon-Sun	24 Hours		
Military Clothing	Mon-Wed, Fri	9:30 a.m5:30 p.m.		
	Thurs 9	:30 a.m6:30 p.m.		
	Sat	10 a.m1 p.m.		
	Sun	Closed		
Popeye's	Mon-Wed, Fri-Sat	10:30 a.m7 p.m.		
	Thurs	10:30 a.m8 p.m.		
	Sun	10:30 a.m6 p.m.		
Taco Bell	Mon-Wed, Fri-Sat	10:30 a.m7 p.m.		
	Thurs	10:30 a.m8 p.m.		
	Sun	10:30 a.m6 p.m.		
Anthony's Pizza	Mon-Wed, Fri-Sat	10:30 a.m7 p.m.		
	Thurs	10:30 a.m8 p.m.		
	Sun	10 a.m6 p.m.		
Charley's Steakery Mon-Wed, Fri-Sat 10:30 a.m2 p.m.				
	Thurs	10:30 a.m2 p.m.		
	Sun	10:30 a.m2 p.m.		
Baskin Robbins	Mon-Sat	11 a.m7 p.m.		
	Sun	10 a.m6 p.m.		
Cinnabon	Mon-Sat	7:30 a.m4 p.m.		
	Sun	8:30 a.m2 p.m.		
Subway	Mon-Fri	10:30 a.m9 p.m.		
	Sat	10:30 a.m8 p.m.		
	Sun	11a.m9 p.m.		
Burger King	Mon-Fri	6:30 a.m10 p.m.		
	Sat	7 a.m10 p.m.		
	Sun	8 a.m8 p.m.		
Car Care Center	Mon-Fri	7:30 a.m6 p.m.		
	Sat	8 a.m12 p.m.		

The Outlook

Closed

Sun

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SETAF Commander Maj. Gen. Frank G. Helmick

USAG Vicenza Commander and Publisher Col. Virgil S. L. Williams

> **Editor** Diana Bahr

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AAFES photo contest offers big dollar rewards

AAFES

Press Release

It has been said that a picture is worth a thousand words and now, competing in a photo contest can make it worth \$1,000.

Through July 31, the Army and Air Force Exchange Service is sponsoring the Patriot POG Gift Certificate Photo Contest.

Submission to the contest should depict the essence of activities in Operations Enduring and Iraqi Freedom, or highlight activities in support of deployed troops, such as scenes of service members returning home.

Twelve winning photos will ultimately appear on 5-, 10and 25-cent POGs which are flat, disc-like gift certificates used in place of traditional currency at contingency exchanges. Winners will also be awarded:

1st Prize (2 each) - \$1,000 Gift Card 2nd Prize (2 each) - \$750 Gift Card 3rd Prize (2 each) - \$500 Gift Card 4th Prize (6 each) - \$50 Gift Card

"We're looking forward to viewing all of the entries," said Mark Polczynski, AAFES chief of strategic marketing. "We know the photos showing support of our troops will be just as dramatic and emotional as the photos being submitted from those deployed."

The Patriot POG Gift Certificate Photo Contest is only open to authorized Exchange customers and no purchase is

necessary. Designs featured in previous POG series are available online at AAFES.com.

Contestants may submit digital images or mail in photos. Pictures taken with any kind of camera can win as long as the final product is great. E-mail photos to *aafespog@harperhouse.com*, include AAFES POG CONTEST in the subject line.

All other entries can be mailed to: Army & Air Force Exchange Service Attn: MK-MS (AAFES POG CONTEST) 3911 S. Walton Walker Blvd. Dallas, TX 75236-1598

Each photo submitted must include the complete identification of the picture including location, date, action, and identity of people in the photo.

All entries must also include an e-mail address, physical address and telephone number for winner notification.

Digital entries must be submitted in a JPEG file and images are not to exceed 4"x5" dimensions. They must be high resolution, 300 DPI, and the file size should not exceed 1.4MB. Mailed submissions should not exceed 8 ½" x 11" in size.

Submissions must be received by Aug. 15. Photo contest winners will be notified by Aug. 31.

For a complete list of Patriot POG Gift Certificate Photo Contest rules and information, log on to *AAFES.com*.

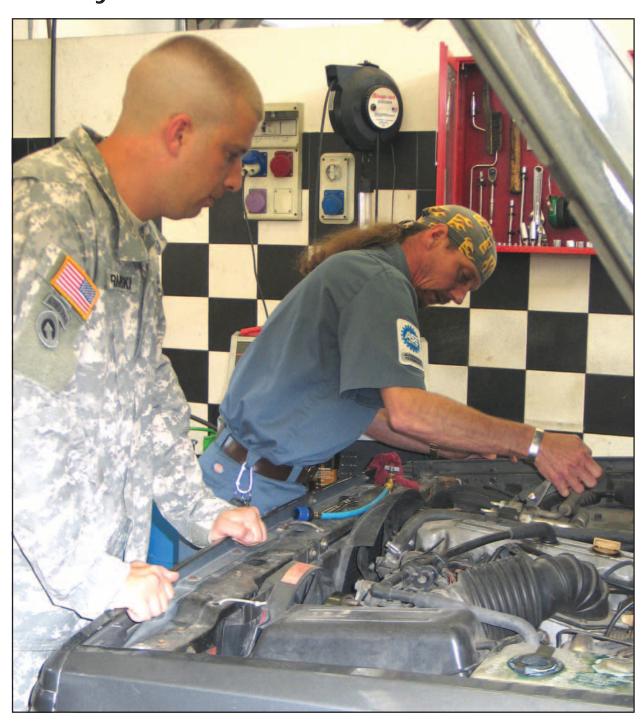
The POG Gift Certificates Program began October 2001 to support coinage needs in the Middle East.

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They've done it again!

Third year in a row: Auto Skills Center wins IMA-Europe top honors



Story and photos By Anna Vallery Summer Hire USAG Vicenza Public Affairs

For the third year in a row, the Vicenza Auto Skills center has been awarded the Installation Management Agency-Europe Recreation Award for Outstanding Recreation Program, Auto Skills in the medium-size category.

The Vicenza Auto Skills center competed against 26 other Auto Skills Centers in Europe, and will go on to compete with the 107 Auto Skills Centers in the U.S. Army. The competition is based on region and size.

What makes the Vicenza Auto Skills center a first-class operation? Charlie DeCelle, the manager of the facility thinks he has the answer.

"We are the only facility in Europe that has earned the National Institute for Aumotive Service Excellence Blue Seal certification," said DeCelle. "I think that having an ASE-certified facility has really helped us out."

The ASE has an organizational mission to improve the quality of vehicle repair and service professionals. The Blue Seal program recognizes shops with 75 percent or more of its mechanics who are ASE certified.

When it comes to the VASC staff, DeCelle also believes the skill level of the staff helped the Vicenza facility beat out its competitors.

"We work hard on the staff's diagnostic skills," he said. DeCelle is one of four people who make up the VASC staff. The other three members are Howard Overacker, Jay Johnson, and Galin Adams. "We are committed to maintaining a well-trained staff."

"I like the friendly people here, they are very helpful" said Sgt. Evelyn Pereira, who was working on her car's headlight during her lunch hour."

The technicians of the VASC also partner with Vicenza High School where they offer a curriculum-based Automotive Technology training class to the students. They hold courses for Family Readiness Groups, Boy Scouts, and Central Texas College students.

Other initiatives by the VASC include waiving bay fees during the recent redeployment for customers who needed to perform repair work on cars that had been sitting for a year.

For more information about VASC, the fees charged and classes offered, call 634-7014, from off post at 0444-71-7014.





Top: Howard Overacker, Auto Skills Center staff, looks at a Soldier's vehicle. Overacker is one of four personnel at the award-winning center and is also a certified Automotive Service Excellence technician.

Far left: A Soldier puts a headlight back on her car at the Vicenza Auto Skills Center. The center offers low rates and technical assistance for those interested in performing their own automotive repair.

Left: Sergio Brugia, technical assistant at the Auto Skills Center, talks to Pitoon Ekarintaragun about his car.

Parents connect with help of MOMS club

Story and photo by Anna Vallery Summer Hire USAG Vicenza Public Affairs

In the year the Vicenza MOMS club (Moms Offering Moms Support) has been meeting on Caserma Ederle, the nonprofit organization, has seen its members and activities grow.

The club is open to all moms with children under the age of five and holds activities throughout the year.

"Our favorite part of MOMS club is the park days," said Angela Mclaird, a MOMS club member. "The parks are all over town, and it is really fun for the kids."

Other activities the MOMS club offers are pool days, recipe swaps, exercise groups, mom's night out, and playgroups for different ages.

We have activity groups that meet the specific needs and interests of our members. Some groups meet monthly, while others meet weekly, said Stephanie Christensen, MOMS Club president and founding member. "If you have a specific

interest and you'd like to share it with other moms, we can provide you with a medium for doing that. Our goal is to be there for whoever want us, if we have a lot of members or very few, it doesn't really matter, we are here to help people in the community," she said.

All members of the local MOMS Club are volunteers and, although the organization found its start through a generous donation from the Vicenza Military Spouses and Civilians Club, it has become a self-supporting, nonprofit private organization

"We are all mothers of small children so we know how time consuming and exhausting being a stay-at-home parent can be. That's why we've created a club where children are welcome, where parents can have an opportunity to meet each other, and where the commitment can be as little or as great as you feel comfortable with," said Christensen.

To join MOMS Club, contact Christensen by phone at 340-233-5082, or by e-mail at *stephanie.christensen1* @us.army.mil. An Open House barbecue will be held July 28



MOMS Club members and their children enjoy a recent pool day at the Ederle Inn.

at 11 a.m. at the main park on Villggio. Dues \$20 per family per year.

"Our organization will benefit from the greatest variety of members possible," said Christensen. "We want everyone to know that they are welcome, and if they don't see an activity that interests them, we'll do everything possible to create one that does. As stay-at-home parents we've chosen a challenging, yet enjoyable occupation, but it doesn't have to be isolating or lonely. Come join us!"

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Vicenza Sport and Fitness center wins best in IMA-Europe



Above: A woman uses the elliptical machine at the Vicenza Sports and Fitness Center, while her children watch a DVD on their portable DVD player. The children are now allowed to come in to the gym with their parents, as long as they are in a stroller or carrier. This is part of the Toddler in Tow program which began at the fitness center in 2005. The program was aimed at helping family members find time to work out while their spouses were deployed to Afghanistan.

Right: The eliptical machines are among the most popular workout equipment at the fitness center cardio room. Another part of the fitness center includes the Body Shop, located in a separate building across from the Ederle Inn. This is where the weight machines are located and aerobic classes are held.

Sports horts

By Ricky Jackson Sports and Fitness Center



Basketball: The USAG Vicenza Basketball Summer League results for the 6:30 and 7:30 p.m. games played July 5 and 7

- B-Playaz (F) vs. Vicenza Veterans (2)
- 386th MCT (24) vs. Sandwiches (46)
- Crashers (F) vs. Sandwiches (2)
- B-Playaz (42) vs. Horsemen (45)

USAG Vicenza Men's Softball Team (that includes two two women players) played against a local Italian softball team July 8 in Padova. The results were USAG-V (7) vs. Padova (8), USAG-V (19) vs. Padova (2)

USAG Vicenza Women's Volleyball team is scheduled to play against the USA Junior Olympics and Aviano Women's Volleyball Teams July 20 in Aviano's Dragon fitness center.

USAG Vicenza Unit/Recreational softball league is on hold until pending repair and availability of the field.

USAG Vicenza pick-up basketball is ongoing. Games are held Monday-Friday, between 11:30 a.m.-1:30 p.m. at the fitness

USAG Vicenza Community-Level Softball Team try-outs and practices are held Tuesdays and Thursdays, at 6 p.m. on softball field #2.

USAG Vicenza Community-Level Wrestling Team has ongoing try-outs and practices. Contact the sports office at 634-7009 or 7887 if interested.

USAG Vicenza Community-Level Power Lifting Team has ongoing try-outs and practices. Contact the sports office at 634-7009 or 7887 if interested.

US Army Garrison Community Level Tennis Team, ongoing Try-Outs & Practices, contact the sports office if interested.

Story and photo by Anna Vallery

Summer Hire

USAG Vicenza Public Affairs

The Vicenza Sports and Fitness center won the 2006 Installation Management Agency-Europe Outstanding Recreation program, beating out all garrisons in Europe in the medium-size category.

The Sports and Fitness Center will n ow compete in the Department of the Army-level against all the other first place garrison winners in its league.

One of the reasons Vicenza won the award this year is because of some new programs, according to Mike Garcia, . One program in particular is the "Toddler

"The Toddler in Tow program allows moms who can't find a babysitter to come in and work out," said Mike Garcia. Toddler in Tow began in 2005, after the center received numerous requests for something that allowed parents to have children with them. The Vicenza facility set specific guidelines, and now parents are allowed to bring their children in strollers

"There are several different programs we offer that other communities probably don't; and I think that helped us win," said Garcia.

A few of the programs and classes currently offered

at the fitness center include:

- ♦ Civilian Fitness program screening and monitoring
- ♦ Kickboxing
- ♦ Resist-A-ball
- ♦ Self-Defense
- ♦ Spinning
- ♦ Yoga ◆ Jazzercise
- Massage therapist contractors

"The best feature of the gym is the all the different classes offered," said Peggy Williams, a frequent user of the Fitness

Other factors that helped the Vicenza Sports and Fitness center win this award were the addition of new personnel.

"Anytime you get new people, you get new ideas," said Garcia. "I think after we employed new staff members, the programs started to change."

The Vicenza Sports and Fitness center is currently undergoing renovation and repair of the facilities. Some of the improvements include new Plexiglas for the racquetball courts, new audio/video broadcast system, new televisions and monitors, new towels, and more.

"They have done some great improvements," said Laura Williams, a community member.

"Even though the facility is old, winning an award for an older installation and an older facility is quite an accomplishment," said Garcia. "We are proud!"



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Out & About



Ravenna blues festival

Thr Ravenna Blues Street Parade is July 29 and 30, featuring American and Italian groups.

July 29 hear the Blues Willies and the Power Big Band.

July 30 features te Roaring Emily Brass Band and the Musicanti di San Crispino.

The performances take place in the squares of the historical town's center. If you have time, stroll around and see the early Christian mosaics and monuments which were constructed in the 5th and 6th centuries. Ravenna was the seat of the Roman Empire in the 5th century and then of Byzantine Italy until the 8th century.

Ravenna is 200 km by car from Vicenza; by train, it takes three hours with two changes: Padova and Ferrara.

Check out the Web site: www.trenitalia.it, available in English.

Sand sculptures

It's the last week to see the IX International Festival of 'Sand Sculptures 2006' taking place this year at Jesolo Lido in Piazza Brescia through July 23. This year's subject is 'Africa.'

This features sand sculptures of remarkable dimensions built by artists from all over the world.

The works are built inside an outdoor pavilion where you can also see a photographic exhibition about past editions.

Opening hours are every day from 9 a.m.- 11 p.m.

Antique ceramics

In one of the rooms in the archaeological museum in Verona, there is a temporary display of antique ceramics – some of which date back to the 4th century B.C. produced in Greece and in the south of Italy.

Normally these objects are stored in the museums deposit and for the most part never shown in public.

The museum located in the Romano Teatro, on the street Regaste Redentore, was once the monastery of St. Jerome founded in the 15th century.

Other items on display are frescoes, mosaics, sculptures, bronzes, and glass from Verona's Roman past.

Open Tuesday-Sunday 8:30 a.m.p.m. The entrance fee is 3 Euro. The antique ceramics will be on moved to July 25 at 9:30 p.m. display until Oct. 1.

Concerts

In the Sebellin Gardens in the town of Rossano Veneto, 29 km from Vicenza, the opera 'Tosca' by G. Puccini will be performed at 9:15

Tickets are available from several 'Banca di romano e s. caterina, in Rossano Veneto, Marostica, Rosa' and other towns.

Prices run between 16 and 9 euro. Arzignano: Jovanotti will perform in the Stadio Dal Molin July 22 at 9:30 p.m.

Stra: Francesco de Gregori performs in the gardens of Villa Pisani July 29 at 9:30 p.m.

Remember when attending performances in gardens or parks

don't forget to take your insect spray.

European Horse jumping championship

The European Jumping Championship takes place July 21-23 in Rimini's San Patrignano equestrian facility.

Twenty-two teams will compete to earn the title of European Champion, currently held by Germany.

Visit www.sanpatrignano.org for full details.

Medieval Sundays for children

Angera: The town Rocca Borromeo (castle) will hold Medieval events for children July 23, Aug. 27 and Sept. 24.

The participants, dressed in medieval costumes, young and old alike, can revive the feats of horsemen, princes and heroes of eras gone by.

In the castle itself find a 'Museo della Bambola,' Dolls museum. Here, children can enjoy seeing dolls made of wood, wax, paper mache, porcelain, cloth, celluloid and plastic materials.

Also on display are toys, miniature furniture, board games which, with more than 1,000 pieces, constitutes one of the largest of its kind in Europe.

Plus, there is the children's fashion museum, in three rooms, visitors can see a collection of pieces spanning from the 17th century to the 1940s.

The Castle is open 9 a.m.-5:30 p.m., medieval events start at 10 a.m. with a break for lunch and at 2:30 p.m. to start again.

Entrance fees, which include all the events, are 7.50 euro for adults, 4.50 euro for children ages 6-15.

The town of Angera is located 250km from Vicenza, along the southern part of Lake Maggiore.

Thiene Blues festival

Every Thursday night in July and August, the town of Thiene will have free concerts in the main square, Piazza Chilesotti, between 8:30 p.m.-midnight.

Vicenza concert update

Italian singer Carmen Consoli, who was to perform July 7 in the square at Mount Berico,

Tickets are still valid or a refund is available from the point of purchase.

Visit a maze

Several mazes can be found in the Veneto area and visiting one of them can turn out to be an enjoyable and educational day out with the children.

Stra: In the gardens of Villa Pisani, which were created in 1720, the maze is formed of a thick hedge and the route is approximately 500 meters long.

In the center of this maze is a small panoramic tower that has a spiral staircase on the outside of it, which is topped by a statue of

At the top, you will be able to

By Dorothy Spagnuolo

plan your route out again without running into thick hedge.

The villa is open everyday from 9 a.m.-7 p.m., but closed on

Entrance fee to visit the villa and gardens is 5 euro; the garden (maze) only 2,50 euro.

<u>Valsanzibio</u>: This garden ranges among the most important and unspoiled gardens in the world.

Planned in 1669 by the Venetian nobleman Z. F. Barbarigo, his son Gregorio (who was to become a cardinal and future saint), was inspired the symbolic meaning of the plan drawn by Luigi Bernini a Vatican architect and fountain

In the gardens, you'll find fountains and fishponds, a large maze, the 'rabbits island,' statues galore, lots of trees and more.

The garden is open everyday from 10 a.m.-1 p.m. and from 2 p.m.-

Entrance fees: Adults pay 8.50 euro, children ages 6-14 years pay

There is also a store in the gardens that is open in the afternoon, but closed on Tuesdays.

Valsanzibio is located 36 km from Vicenza, in the province of Padova.

Before you visit the gardens, check out the map and get directions from www.valsanzi biogiardino.it

Verona: The maze in the Giardino Giusti was designed in

It is 400 meters wide, geometric in style and is formed of a thick hedge which is over a meter in height.

The gardens, which are located ten minutes from the Verona Arena, are open everyday from 9 a.m.-7p.m.

Entrance fees: Adults, 5 euro; free for children under ten years of

Apart from the maze, which is considered to be one of the most ancient in Europe, visitors can also enjoy grotte acustiche, echo cave; mythological statues, fountains, the flowers and trees.

The gardens take over two hours to visit.

Grazzana: In the gardens of Villa Arvedi, which was designed in 1650, this maze is in the shape of a butterfly formed with a thick hedge and is 20 cm in height.

Visitors will also find an aviary with a fountain in which the birds can drink from; a lily pond; statues,

The villa, which is also open to visitors, is located nine kilometres from Verona's city center.

Appointments have to be made to visit the gardens and or the villa. You can e-mail arvedi@sis.it for appointments and information.

Car museum

The Automobile Museum "Luigi Bonfanti" in the town of Romano d'Ezzelino, on the outskirts of Bassano, has cars and equipment on display from Italian, German, English, French and American Armies that were used in

The museum is open Tuesday through Sunday from 10 a.m.-noon and 2:30-6:30 p.m. There will be an

The exhibition closes Oct. 2.

Now Showing ——

Caserma Ederle Theater

July 18	CLOSED	
July 19	United 93 (R)	7 p.m.
July 20	Hoot (PG)	4 p.m.
	Stick It (PG)	7 p.m.
July 21	X-Men: The Last Stand (PG13)	7 p.m.
	Poseidon (PG13)	9:45 p.m.
July 22	Goal! The Dream begins (PG13)	4 p.m.
	X-Men: The Last Stand (PG13)	7 p.m.
July 23	RV (PG)	4 p.m.
	Poseidon (PG13)	7 p.m.
July 24	CLOSED	
July 25	CLOSED	

Camp Darby Theater

Beginning in June, Camp Darby will also air movies on Thursdays.

July 20	Poseidon (PG13)	6 p.m.
July 21	The Da Vinci Code (PG13)	6 p.m.
July 22	RV (PG)	6 p.m.
July 23	Hoot (PG)	2 p.m.

Movie Synopsis

GOAL! THE DREAM BEGINS - Kuno Becker, Stephen Dillane. As an underprivileged Mexican-American immigrant growing up in the poor section of Los Angeles, Santiago Munez seemed destined to follow his father's path in life: laboring at menial jobs to earn just enough money to support his family. Naturally gifted, his amazing talent on the soccer field was wasted in recreation league games while he could only dream of playing on the world stage of professional soccer.

HOOT - Luke Wilson, Logan Lerman. When a Montana boy moves to Florida and unearths a disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians, and clueless cops. Determined to protect his new environment, the boy and his friends fight to prevent the adults from making a big mistake.

THE DA VINCI CODE - *Tom Hanks, Jean Reno.* The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim's granddaughter and Robert Langdon, a famed symbologist, can untangle the clues he left behind. The duo become both suspects and detectives searching for not only the murderer but also the stunning secret of the ages he was charged to protect.

POSEIDON - Kurt Russell, Richard Dreyfuss. When a rogue wave capsizes a luxury cruise ship in the middle of the North Atlantic Ocean, a small group of survivors find themselves unlikely allies in a battle for their lives. Preferring to test the odds alone, career gambler John Dylan ignores captain's orders to wait below for possible rescue and sets out to find his own way to safety.

RV - Robin Williams, Cheryl Hines. An overworked Bob Munro, his wife Jaime, their 15-year-old daughter Cassie and 12-year-old son Carl are in desperate need of some quality time together. After promising to take them on a family vacation in Hawaii, Bob abruptly changes plans without telling them. Instead of a week in a tropical paradise, they're going on a road trip to Colorado in a recreational vehicle. Dragging his wife and kids kicking and screaming into the RV, Bob's togetherness plan almost immediately hits a major speed bump. Everything that can go wrong, does. Bob's lame attempts to navigate the unwieldy, oversized vehicle are met with silence and scorn from his resentful family.

STICK IT - Missy Peregrym, Vanessa Lengies. A 17 year-old, ex-gymnastics star with big family problems finds herself on the wrong side of the law after one-too many arrests. Forced back into the regimented world of gymnastics to clean up her act, she rediscovers her love of the sport and gets the chance to make peace with her dysfunctional life. Empowered by her transformation, she rallies fellow gymnasts to protest and outsmart outdated scoring methods at the National Championships.

UNITED 93 - Ben Sliney, Opal Alladin. A drama that tells the story of the passengers and crew, their families on the ground and the flight controllers who watched in dawning horror as United Airlines Flight 93 became the fourth hijacked plane on the day of the worst terrorist attacks on American soil: Sept. 11, 2001.

X-MEN: THE LAST STAND - Hugh Jackman, Patrick Stewart. The continuing adventures of the superpowered group, the X-Men, led by Professor Xavier, and based at his school for gifted students, as they try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it.

Admission: Adults age 12 and over \$4, children \$2. The Ederle Theatre box office opens one hour prior to show time. Tickets to blockbuster shows are presold at Baskin Robbins.

July 18, 2006 THE Outlook

Chiogia a fishbone-shaped town in the lagoon From the 1400s, Chioggia followed the control of Venice and some

Outlook Staff

Italian cities and towns celebrate several fests, called Palio.

Some are not religious fests; most of the time, they refer to historical events that marked the destiny of the locations where they happened, and people observe that event with festivities.

One of these is the Palio della

Detail of the facade of S.Pietro

and Paolo Church

Marciliana, an annual event that takes place the third weekend of June in Chioggia, the most southern location of the Venetian Lagoon.

Nowadays, the fest is a re-enactment of the liberation by the Venetian fleet on June 24, 1380, after 10 months of a state of siege in the war between Venice and the rival Maritime Republic of Genoa for supremacy of the Mediterranean.

During the three-day event, traditional parades in costumes, medieval-style contests, and displays remind visitors of the town's past. Some extras wear costumes and recreate life of the late 1300s, with the participation of all the Contrade, of S. Andrea, San Giacomo, San Martino, San Michele and Montalbano.

Chioggia, and its ancient names *Clodia*, Clugia, Chiozza, has Roman origins. Founded before Venice, its urban structure is unique because it's shaped like a fishbone – the bones are 72 'calli', or narrow streets that depart from the main artery, Corso del Popolo, with its palaces and arches.

Its most prosperous period for Chioggia occurred during the Middle Ages, probably due to the production of salt, at the time called 'white gold'. Because of this valuable item that all the surrounding territories envied, historians named Chioggia 'capital of salt.' For this, Chioggia paid a very high price and had to defend itself from several other cities, including Padova, Treviso and Verona, that tried to conquer it.

After the above-mentioned War of Chioggia, the city did not completely recover to its previous magnificence. The war itself claimed about 3,500 victims. The city suffered

> some radical changes and only one of the saltcontinued works functioning.

Right: Detail of a

destiny of the Republic of Venice and some important factors, such as its wars with the Turks, the loss of the trade with the East and the following decline until the arrival of Napoleon and his troops in May 1797.

Less than one year later in 1798, the Trattato di Campoformio, the Treaty of Campoformio, sanctioned that the Republic of Venice was ceded to the Austrians.

On Oct. 15, 1866, Italians entered Chioggia,

which welcomed two important people the following year: Giuseppe Garibaldi and King Vittorio Emanuele II.

Chioggia also suffered the effects of the two world wars. Its economy, based on fishing, dropped off because for three years after WWI, a law prohibited sailing in the Adriatic Sea due to mines.

During WWII, the city experienced 18 severe

bombing attacks, 60 people died, 500 were injured, more than 100 houses were destroyed and another 250 damaged.

Sottomarina, which is considered Chioggia's Lido (or beach) also dates back to the Romans, it was called Clugia Minor, but was rebuilt in the 1700s by Venetians.

Nowadays it is a resort, about six km of 'golden' sand, that can reach a depth of 300 meters. During the summer, there are daily water-bus services linking Chioggia and Sottomarina to Venice. For information about Chioggia and Sottomarina, check the Web site in English: www.venezia.net.





Above: View of the Canale Vena, which face some renowned palaces. On the right, the historic fishmarket is open Tuesday through Sunday. It is covered by red tarp, and is located between the Canale Vena and the Palazzo Granaio, which was built in 1322. Right: Ponte Vigo, Vigo Bridge, erected in 1685 and decorated in 1762 with

marble from Istria. From the bridge there is a view of the lagoon toward Venice and it





Top: Street lamp near Canale Vena. Above: Detail of a decorative capital on the side facade of San Martino, a little church built in 1392 after the 'War of Chioggia.'



Above: Oval painting by Michele Schiavoni (1751), located in the S. Sacrament Chapel inside the cathedral. The church was originally built in 1110, but a fire occurred Christmas night in 1623 destroying it. It was rebuilt by the Venetian architect Baldassare Longhena. In the church it is still possible to see works by Palma il Giovane and Cima di Conegliano.

Right: View of Corso del Popolo, the main street from where 'calli' depart perpendicular to this street. The palace facing the corso is the Palazzo Comunale. City Hall, was rebuilt in 1830 according to the architectural style used by Austrians that ruled the Venetian Republic after 1798.

